



Bowel Prep Diet

For best results, follow these instructions.

FIVE DAYS BEFORE YOUR PROCEDURE

- Avoid iron supplements or vitamins that contain iron
- Do not take any over the counter fiber supplements (such as Metamucil®, Citrucel®)
- Avoid foods with seeds and nuts
- Remove skin from fruits and vegetables

ONE DAY BEFORE YOUR PROCEDURE

Follow a clear liquid diet. This means no solid food all day. You may only have clear liquids.

DO NOT HAVE red liquids, milk, cream or dairy substitutes or alcohol.

ACCEPTABLE CLEAR LIQUIDS INCLUDE

- Water
- Lemonade
- Jell-O™
- Apple juice
- Tea
- Soft Drinks
- Popsicles
- PowerAde™
- Coffee (no cream/milk)
- Sports Drinks
- Italian Ice
- Kool-Aid™
- Gatorade™
- Fat-free broth
- Crystal light™
- Bouillon
- White grape juice
- Energy Drinks

You may also have sugar and honey.